Tummy tuck surgeons

Abdominoplasty, also known as tummy tuck surgeons, is a surgical procedure that has gained popularity among people seeking to improve the appearance and firmness of their abdomen. This procedure not only removes excess skin and fat, but can also restore weakened or separated muscles, achieving a smoother, firmer abdominal profile. Behind this transformative change are plastic surgeons, highly trained professionals who combine their medical expertise with a keen aesthetic sense to provide optimal and safe results.

Different Types of Abdominoplasty

Abdominoplasty, or tummy tuck surgeons, is a procedure that is adapted to the specific needs of each patient. There are several techniques that plastic surgeons can employ to achieve the best results depending on the individual situation. The most common types of abdominoplasty are described below:

1. Complete Abdominoplasty

The full abdominoplasty is the most common and traditional type of this procedure. It is indicated for people who need significant correction in the abdominal area.

Procedure:

- A long incision is made from hip to hip, just above the pubic area.
- A second incision is made around the navel to free it from surrounding tissue.
- The skin and fat are separated from the abdominal wall to reveal muscles, which are tightened and sutured.
- Excess skin and fat is removed.
- The navel is repositioned in a natural position.

Indications:

- Patients with excess skin and fat in both the upper and lower abdomen.
- People with weakened or separated abdominal muscles.

2. Mini tummy tuck

Mini tummy tuck is less invasive than full tummy tuck surgeons and is indicated for patients who require minor correction in the lower abdomen.

Procedure:

- A single shorter incision is made above the pubic area.
- An incision around the navel is not required.
- A smaller amount of skin and fat is removed.
- In some cases, the lower abdominal muscles become tight.

Indications:

- Patients with slight excess skin and fat below the navel.
- People with good skin elasticity and relatively firm muscles.

3. Extended Abdominoplasty

The extended abdominoplasty is similar to the complete abdominoplasty but with greater lateral extension, also covering the hips and lower back.

Procedure:

- An incision is made that extends beyond the hips, also covering the flanks.
- It includes the complete abdominoplasty procedure, with muscle tightening and repositioning of the navel.
- A significant amount of skin and fat is removed from the sides and lower back.

Indications:

- Patients who have lost a considerable amount of weight.
- People with excess skin and fat on the abdomen, hips and flanks.

4. Circumferential Abdominoplasty or Torsoplasty

The circumferential abdominoplasty, also known as a body lift, is the most extensive and addresses the entire contour of the torso.

Procedure:

- An incision is made that surrounds the entire torso, like a belt.
- It includes the removal of skin and fat from the abdomen, hips, flanks and back.
- Abdominal muscles are tightened, and overall body contour is improved.

Indications:

- Patients who have experienced massive weight loss. tummy tucks surgeons.
- People with significant excess skin and fat around the entire torso.

5. Abdominoplasty in Fleur-de-lis

The fleur-de-lis abdominoplasty is a technique that combines a horizontal and vertical incision, forming an inverted "T".

Procedure:

- A horizontal incision is made over the pubic area and a vertical incision in the center of the abdomen.
- It allows the removal of a large amount of skin both horizontally and vertically.
- The abdominal muscles are tightened, and the navel is repositioned.

Indications:

- Patients with significant excess skin in all directions.
- People who have experienced massive weight loss and have significantly sagging skin.